

JANUARY 2024 LIFE ENRICHMENT CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|---|
| | 1 Departmental Closures <i>Happy New Year 2024!</i> | 2 UNDECK THE HALLS!! 10:00 Depart for Aldi / Food Lion (VL) 10:00 Dining Committee (MR) 2:30 Crafty Villagers (SC) | 3 Sign Up Deadline for Tour of the International Civil Rights Museum, & Lunch at Crafted The Art of Taco, Greensboro, NC. 10:00 Dining Committee (MR) 11:00 Wellness Committee (MR) 2:00 Cultural Committee (FSP) | 4 Sign Up Deadline for Women's Breakfast: Skid's at Elon 9:00 Finance Committee (MR) 10:00 Property Committee (MR) 11:00 Library Committee (LIB) 1:30 Depart for Harris Teeter / Walmart (VL) 6:30 Game Night (CR) | 5 Sign Up Deadline for Panel Discussion / MLK Jr. Commemorative Address at Elon University 1:00 Hearing Aid Clinic (FSP) 2:00 Movie Matinee** (GP) Happy Feet | 6 2:00 The Great Courses : Broadway Melody of 1938 with Eleanor Powell and Robert Taylor (FSP) 2:00 Resident Led Bingo (GP) 3:15 Canasta (CR) |
| 7 1:30 Worship with David Harper** (GP) | 8 Sign Up Deadline for Men's Breakfast: The Park, Burlington 8:15 Women's Breakfast : Skid's at Elon (VS) 2:00 Watercolor with Debbie: Winter Scene (AS) 6:30 Game Night (CR) | 9 10:00 Depart for Aldi/FL (VL) 2:00 Age in Motion: Introduction** Broadcast only (130.2/1391) 2:30 Crafty Villagers (SC) 5:30 Depart for We Are Charleston, Panel Discussion / MLK Jr. Commemorative Address at Elon University (VS) 6:30 Dessert & Devotion with Lesley Peavy (FSP) | 10 Sign Up Deadline for Shopping Trip to Target at Alamance Crossing 9:00 Depart for Tour of the International Civil Rights Museum, & Lunch at Crafted The Art of Taco, Greensboro, NC. (VS) 3:00 25 Cent Bingo (TVN) | 11 Sign Up Deadline for Shopping & Lunch at Wegman's , Chapel Hill 8:15 Men's Breakfast: The Park in Burlington (VS) 10:00 Turrentine Middle School Chorus Presentation** (GP) 11:00 Episcopal Service (MR) 1:30 Depart for HT/ WM (VL) 3:00 Wine & Cheese Sponsored by Life at Home Caregiver s (TVN) 6:30 Game Night (CR) | 12 Sign Up Deadline for Royal Philharmonic Orchestra at Wake Forest University, Winston Salem, NC 10:00 Depart for Shopping at Target Alamance Crossing (VS) 2:00 Martin Luther King Jr.'s "I Have A Dream" Documentary Presentation ** (130.2 / 1391) (GP) | 13 10:30 Mindful Meditation (AR) 2:00 Bells of Blue Ridge ** (GP) 2:00 Canasta (CR) |
| 14 1:30 Worship with Lesley Peavy ** (GP) | 15 Martin Luther King Jr. Day Sign Up Deadline for Lunch Bunch : The Village Grill, Burlington 10:30 Depart for Shopping and Lunch at Wegman's , Chapel Hill (VS) 10:30 Social Committee (MR) 6:30 Game Night (CR) | 16 10:00 Depart for Aldi/FL (VL) 10:00 TVAB Speaker Series: Total Care Pharmacy All You Need to Know ** (130.2 / 1391) (GP) 2:30 Crafty Villagers (SC) | 17 Sign Up Deadline for Drinks w/ Friends at Burlington Beer Works 10:30 New Resident Orientation (GP) 11:30 Depart for Lunch Bunch : The Village Grill, Burlington (VS) 3:00 Residents Association Meeting** (GP) | 18 1:30 Depart for HT/ WM (VL) 2:00 Care & Concern Committee Meeting (MR) 3:00 Parkinson's Support Group(FSP) 6:30 Game Night (CR) | 19 Sign Up Deadline for Women's Breakfast: The Park, Burlington 10:00 Seasonal Crafts (SC) 2:00 Depart for Drinks w/ Friends at Burlington Beer Works. (VS) | 20 2:00 The Great Courses : "A Chorus Line" with Michael Douglas (FSP) 2:00 Resident Led Bingo (GP) 3:15 Canasta (CR) |
| 21 1:30 Worship with Travis Epperley** (GP) | 22 8:15 Women's Breakfast: The Park in Burlington (VS) 2:00 Fireside Chat w/ April (FSP) 6:30 Game Night (CR) | 23 Sign Up Deadline for Men's Breakfast: Skid's at Elon 10:00 Depart for Aldi/FL (VL) 2:30 Crafty Villagers (SC) 6:30 Dessert & Devotion with Lesley Peavy (FSP) | 24 12:00-5:00pm The Big Red Bus at TVAB—Please contact Tina Wade @ 8253 for an appointment if you would like to donate blood. 2:00 NEW! Wine & Canvas Acrylic Painting with a Twist (GP) | 25 8:15 Men's Breakfast : Skid's at Elon (VS) 1:30 Depart for HT/ WM (VL) 3:00 Bingo with Prizes Sponsored by Life at Home Caregivers (TVN) 6:30 Game Night (CR) | 26 Sign Up Deadline for Shopping & Lunch at Hamrick's & Lunch in Raleigh 10:00 Caregiver Support Group (FSP) 2:00 Friday w/ Friends** (GP) Agnes Heller | 27 10:30 Mindful Meditation (AR) 2:00 The Great Courses: Film-Amadeus (FSP) 2:00 Canasta (CR) |
| 28 1:30 Worship with Terry Rikard ** (GP) 3:00 TVAB Cultural Committee Presents: Happy Birthday, Mozart– Streamed Concert in GP | 29 10:00 Eagle Eye (MR) 3:00 Train Your Brain—Winter Vocabulary (TVN) 6:30 Game Night (CR) | 30 10:00 Depart for Aldi/FL (VL) 2:30 Crafty Villagers (SC) 6:00 Depart for Royal Philharmonic Orchestra at Wake Forest University , Winston Salem, NC (VS) | 31 9:00 Donuts & Coffee Social Sponsored by Always Best Care (GP) 10:00 Depart for Shopping at Hamrick's and Lunch in Raleigh (VS) 3:00 January Birthday Social! All residents welcome! (TVN) | | | |

JANUARY 2024 WELLNESS CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 9:00 Tai Chi Broadcast (1391/130.2) 9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 2:00 Mah– Jongg (CR) 2:00 Water Volleyball (SP) | 9:00 Cardio Beats (AR) 10:30 Ladder Toss (AR) 10:30 Total Aquatic Fitness (SP) 2:00 Yoga on Your Mat (AR) 2:00 Pickleball (Pickleball Court) 3:00 Rummikub (CR) 3:00 Penny Poker (GR) | 9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 1:30 Scrabble (WC) 2:00 Mah-Jongg (CR) 3:00 Chair Volleyball (AR) | 9:00 Tai Chi Broadcast (1391/130.2) 10:30 Corn Hole Toss (AR) 10:30 Total Aquatic Fitness (SP) 11:00 Tripoly (CR) 1:30 Bridge (CR) 1:30 Line Dance (AR) 2:00 Pickleball (Pickleball Court) | 9:00 Aerobics and Strength (AR) 11:00 Pinochle (CR) 11:00 Chair Yoga (AR) 1:30 Bridge (CR) ***NOTE: All activities are subject to change*** |

Calendar Key

Plain Blue—
Wellness & Campus
Sports
 Plain Purple—Religious/
Spiritual
 Plain Black—
Life Enrichment Event
 Bold- Important/New
event
 Orange-off campus trip
 Green– Deadline to
signup
 Pink– Special Event
 Maroon-Grocery Trip

For daily activities,
menus and other an-
nouncements call
x8700 or view on
channel
130.1/1390
**Broadcast on
130.2/1391**

AD—Administration
 AR—Aerobics Room
 AR1— Activity Room
 CR—Club Room
 ESC—Edith Street
Café
 FSP—Fireside Parlor
 GP—Gathering Place
 LIB—Library
 LSD—Lakeside
Dining
 GR—Game Room
 MR—Meditation
Room
 P –Lakeside Patio
 PD—Private Dining
 SC—Sewing/Craft
Room
 TVN—Tavern/Bistro/
Pub
 VS—Village Square
 WC—Wellness
Center

REMINDER!!!!

Once the sign up deadline for an event
has passed, and a resident cancels, if
there is a trip fee associated with the
event, the resident is still responsible for
that cost. Please notify Life Enrichment
(Debbie Itani ext. 8303) if you need to
cancel so they can attempt to fill your spot
from residents who may be on the Wait
List.

Any questions regarding personal conflicts
with an event that are out of your control
will be handled on a case by case basis. In
this case, you should contact Ashley, Di-
rector of Resident Services ext. 8381.

Thank you!!

Wellness Activity Descriptions

Aerobics & Strength—A variety of exercises designed to increase flexibility, muscular strength, balance and cardiovas-
cular conditioning.

Aqua Buddies—Swimming and lap walking with an active group of men while making new friends in the water.

Total Aquatic Fitness— Fun and challenging movements that include cardiovascular and muscle conditioning and yoga
for a total body workout.

Chair Yoga—A great low impact option for everyone! Moves your whole body through a complete series of seated
and standing yoga poses. A yoga class for all levels, focused on mindfulness, meditation, & involves gentle stretch-
ing.

Corn Hole Toss—Join this activity to enjoy a competitive and fun tossing game, while working on hand/eye coordina-
tion.

Ladder Toss—The object of the game is to wrap 3 bolls around the 3 ladder rungs; point values vary for each rung,
1st to 21 wins.

Line Dancing—Join us as we learn a variety of dances. The goal is to keep moving, get your heart rate up and have fun.

Poker— A card game that involves betting with chips and keeping a straight face.

Pool/Billiards—Any of various games played on a rectangular table with a designated number of small balls and a long
cue stick.

Putting on the Green— is to hit a *golf* ball with a light stroke on the green with a putter.

Yoga on the Mat—In this yoga practice we will explore poses to benefit our strength and flexibility. We will start and
stay down on the floor so you'll only have to get back up once at the end of the practice.

Tai Chi—Discover improved balance, strength, flexibility and mobility without fear of falling. This relaxed Chinese in-